



## MIAMI ART, CULTURE & WELLBEING FOR FREE

### ART & CULTURE

#### **Institute of Contemporary Art, Miami**

ICA is the Miami Design District's hip contemporary art space, where every inch is free to explore seven days a week. Take a seat in the sculpture garden as you contemplate the wad of cash you just blew at the nearby designer shops, explore the permanent collection downstairs and keep your eyes peeled for the new works finding their way upstairs, where you'll find ICA's rotating exhibits. <https://icamiami.org/>

#### **Second Saturdays at Pérez Art Museum Miami (PAMM)**

While it's nice to support the arts, it's also nice to get free access to world-class exhibitions every once in a while. Downtown's iconic contemporary art museum waives admission on the second Saturday of each month and gives visitors access to hands-on activities, guided tours and guest performances from 11am to 3pm. After browsing the collections inside, head to the PAMM's back steps to enjoy the breeze and breathtaking views of Biscayne Bay. <https://www.pamm.org/en/>

#### **Miami Beach Culture Crawl**

Every third Thursday of the month from 6–9pm ((from October to May), the City of Miami Beach hosts a free Culture Crawl in partnership with the area's leading institutions, including the [Wolfsonian-FlU](#), [the Bass](#), [Oolite Arts](#), [Miami Beach Botanical Garden](#) and more. Hoof it or hop on a free trolley (the white ones) and choose your adventure, from site-specific art installations and live musical performances to backstage tours and poetry readings. (Check [online](#) for the latest map and offerings.) <http://www.mbartandculture.org/culture-crawl/>

#### **Viernes Culturales**

On the third Friday of every month, Little Havana welcomes you to Viernes Culturales, a block party where you can experience the neighborhood the way it is meant to be enjoyed: alive and moving! From 7–11pm, Calle Ocho is bursting with live music, local vendors and plenty of incredible Cuban food between 13<sup>th</sup> and 17<sup>th</sup> Avenues. Take advantage of the free walking tour with Dr. Paul George, bar hop from [Ball & Chain](#) to [Bar Nancy](#), or just find a bench, grab a *1afecito* and enjoy the show. <https://viernesulturales.org/>

*Inspired by Nature*

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## MUSIC & CINEMA

### Jazz at MOCA

Double your dose of culture on the last Friday of the month when the Museum of Contemporary Art, North Miami hosts free outdoor concerts (Fri 8pm). A beloved rain or shine event since 1999, previous acts have included the lively Batuke Samba Funk and the internationally influenced jazz group Carlos Gomez and the Jazz Leaders. Admission to the museum on jazz night is by donation (7–10pm). <https://mocanomi.org/>

### Weeknight Jazz

An unlikely bastion of live jazz music, Miami is home to several free performances depending on the night of the week. On Tuesdays, head to The Corner, a dimly lit Downtown refuge where you'll find an assortment of affordable craft brews and wine bottles. On Wednesdays, head to The Fish House, a casual Kendall staple. Nightly, find free jazz performances in the lobby of the Betsy Hotel, the intimate interior bar at Lagniappe in Wynwood and the High Note Jazz Club at Cuba Ocho.

### Free Gospel Sundays

Ain't no Sunday like a gospel Sunday, and Adrienne Arsht Center has been opening its doors to rejoicers since 2008. Free Gospel Sundays is a community program that pairs gospel heavy hitters with local performers and choruses for a free concert roughly twice a season. Not to miss is Gospel Fest in March, a three-stage extravaganza that takes place at the Little Haiti Cultural Center. <https://www.arshtcenter.org/>

### SoundScape Cinema Series

From October through May, the façade of the Frank Gehry-designed New World Center doubles as a movie screen, while adjacent Soundscape Park, a 2.5-acre public space, serves as its alfresco theater. Watch everything from Jurassic Park to Minari on a 7,000-square-foot wall. All screenings are free (schedule available [here](#)) and begin promptly at 8pm, rain or shine. Don't forget your blankets, chairs, drinks and snacks. <https://www.nws.edu/events-tickets/wallcast-concerts-and-park-events/>



## HISTORY & ARCHITECTURE

### **Family Fun Days at HistoryMiami**

Miami might be a young city, but it's got an unbelievable history. Take things back for free on the second Saturday of each month at HistoryMiami! From 10am to 4pm, enjoy themed family-friendly activities and access to all of the museum's exhibitions, like "Tropical Dreams," which explores South Florida's history from prehistoric times to the present day, or a full retrospective of Cuban music icon Willy Chirino's 50-year-long career.

<https://historymiami.org/>

### **Architectural Walking Tours of Brickell**

Brickell is so much more than its high rises; it's one of Miami's earliest neighborhoods! The Dade Heritage Foundation hosts free architectural walking tours on select Saturdays at 10am, where you'll explore its old and new architecture, where icons of Miami history mix with contemporary development, Biscayne Bay and the Miami River.

<https://dadeheritagetrust.org/>

### **Gold Coast Railroad Museum**

Even if you aren't an avid locomotive or Thomas the Tank Engine fan, there's a certain magic to the Gold Coast Railroad Museum that'll make you nostalgic for steam-powered times, and on the first Saturday of every month access to this "station" is free of charge. There are themed cars to explore, Thomas the Tank Engine tables to play on and model exhibits and rare collection pieces to admire, including "Ferdinand Magellan," the private railroad car built for President Franklin Roosevelt. <https://www.goldcoastrailroadmuseum.org/>





## WELLBEING & NATURE

### Latin dance lessons at Ball & Chain

Don't be the person standing by the wall while the rest of your friends are tearing up the dance floor. Led by a rotating team of pros, the gratis salsa, bachata and merengue lessons kick off at 9pm on most nights of the week at Little Havana hotspot Ball & Chain. The lesson is fairly short; they'll run through the basics and maybe teach you an easy routine. Arrive early to fuel up on two-for-one mojitos during Happy Hour from 4 to 7pm.

<https://ballandchainmiami.com/>

### Free yoga around town

You could practice yoga every day of the week without ever enrolling in a studio. On Saturday mornings, head to Legion Park for a gentle Hatha class or the Esme Rooftop for a sunny sequence. On Sundays, Vizcaya offers free yoga at its weekly farmer's market while the architecturally recognized 1111 Garage has its weekly Warrior Flow at 10am and 3pm. GroveFit offers free yoga throughout the week at Peacock Park, while the ever-popular 3rd Street Yoga has been offering daily sunrise and sunset yoga since 1998... and we're just scratching the surface here!

### Critical Mass

On the last Friday of each month, this organized ride led by the Miami Bike Scene gives novices and experienced riders the opportunity to explore different parts of town on wheels. Routes change monthly but typically begin in Downtown Miami on Fridays at 6:30pm, and rides range from 10 to 20 miles, taking you through Coral Gables, Little Havana, Coconut Grove and more. Participants must bring their own bikes, and helmets and lights are recommended. <https://www.facebook.com/MiamiCriticalMass/>

### Miami Beach Botanical Garden

Located in the heart of Miami Beach, this natural 3-acre sanctuary of flowering trees, orchids, philodendrons, and more than 100 palm species features fountains, a koi pond, Japanese Garden, Native Garden and Edible Garden and the Collins Canal Promenade while the central Great Lawn provides plenty of open space to relax and play. Open Tuesday through Sunday, 9 am to 5 pm; closed on July 4, Thanksgiving, Christmas and New Year's Day. The garden also hosts a plethora of free events, More information here:

<https://mbgarden.org/events/>

